

**MESOCYCLE 1 - INTEGRATION (FOUNDATION PHASE)**

**DECEMBER**

<b>DAY</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b>Monday</b>	<b>Core weight training</b> Upper Body Split	<b>Core weight training</b> Upper Body Split	<b>Core weight training</b> Upper Body Split Weight Progression	<b>Core weight training</b> Upper Body Split Weight Progression
<b>Tuesday</b>	<b>Cardio training 1 hr</b> Outdoor: running Indoor: rowing & step	<b>Cardio training 1 hr</b> Outdoor: running Indoor: rowing & step	<b>Cardio training 1 hr</b> Outdoor: running & boxing Indoor: rowing & boxing	<b>Cardio training 1 hr</b> Outdoor: running & boxing Indoor: rowing & boxing
<b>Wednesday</b>	<b>Core weight training</b> Lower Body Split	<b>Core weight training</b> Lower Body Split	<b>Core weight training</b> Lower Body Split Weight Progression	<b>Core weight training</b> Lower Body Split Weight Progression
<b>Thursday</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>Friday</b>	<b>Cardio training 1 hr</b> Outdoor: running Indoor: rowing & step	<b>Cardio training 1 hr</b> Outdoor: running Indoor: rowing & step	<b>Cardio training 1 hr</b> Outdoor: running & boxing Indoor: rowing & boxing	<b>Cardio training 1 hr</b> Outdoor: running & boxing Indoor: rowing & boxing
<b>Saturday</b>	<b>Core weight training</b> Full body excercises	<b>Core weight training</b> Full body excercises	<b>Core weight training</b> Full body excercises Weight Progression	<b>Core weight training</b> Full body excercises Weight Progression
<b>Sunday</b>	<b>REST</b>	<b>Corrective Rehab</b> Osteopathy/massage	<b>REST</b>	<b>Corrective Rehab</b> Osteopathy/massage

**Unsupervised hours**